

# **Allergy Free Meat**

**Includes vision and physical accessibility notes**

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**Cover is a composite of Pixabay pictures.**

## Acknowledgements

Writing a cookbook is something I never dreamed I would need to do. I was once so organized, and memorized everything I read. Before brain damage. Now, I forget names, faces, and anything not written, down. And even those things that are written on occasion.

A tremendous thank you to all who offer help that often you never see the results of. Years later, even decades later, those you help will remember the assistance you gave.

May this cookbook inspire others to want to cook and write.

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## Pork

Pork includes the bones, muscles, and other parts of a formerly living pig. Once upon a time, people used nearly every part of the pig, though not all for food. The bladder made a good balloon to keep small kids occupied during butchering and initial cooking. The bristles on their body were used in brushes. Bones became tools. Pig hides were used for clothes and canvas. While alive, pigs helped farmers turn the soil.

In some places, people still eat the internal organs, roast the tail, and know how to make headcheese. While uncommon, and mostly seen at historical gatherings today, this knowledge once helped feed, energize, and clothe people.

Scientifically, pig skin and muscle density closely resemble that of a human. Therefore, dead pigs are often a human analog, especially in car accident testing, where the pig carcass may fly through a windshield. Pig carcasses appear in many scientific documentaries to show how falls, weapons, and even sport accidents affect the human body.

There are all kinds of interesting pork dishes that are uncommon and use pork parts many don't generally think of. I'll only share dishes that I enjoy cooking and eating. A good web search will find recipes for more specialized dishes, such as pig's feet or headcheese.

Pork is one meat that must be cooked thoroughly for safety. It often harbors tapeworm and other invisible parasites that can be killed by cooking. Ingesting raw or undercooked pork can be deadly, so be sure it's fully cooked!

## Baked Pork Chops

Baked pork chops is a simple staple that can be cooked in a hurry, or dressed up for any occasion. Depending on the thickness of the chops, some may be able to cook in as little as thirty minutes. Better to be safe and healthy than sorry and parasite ridden. Bake pork chops with favorite vegetables for a healthy meal. Pork chops can be bought in large packages, split and frozen, or cook them all at once and freeze in individual, or dual, servings. Most vegetables go well with pork chops. Marination, while not necessary, infuses the meat with flavor.

### Pre Cook Preparation:

Marinate: A light barbecue sauce or a vinegar sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 45 minutes to 1 hour later, when meal should be ready to eat

### Meal Adaptations:

#### Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

#### Potential Food Allergy or Intolerance:

Barbecue Sauce

Butter (lactose)

Mushrooms

Pepper

Pork

Potatoes

Spices

#### Meatless Preparation Avoid:

Butter

Pork

Substitute with: \_\_\_\_\_

**Utensils:**

Fork

Pot holders

Steak knife.

Pan: 2.5 quart oven safe oblong with lid

**Ingredients:****Meat:**

Pork chops

**Vegetables:**

15 ounces of carrots

15 ounces of peas

15 ounces of potatoes (canned, instant, or whole)

**Other ingredients:**

Dash of salt

Spices such as pepper to taste

**Optional:**

Barbecue sauce (gluten free)

**Preparation time: 10 minutes**

**Preparation:**

1. Place pork chops in pan.
2. Sprinkle a dash of salt across.
3. Add enough water to cover the bottom of the pan.
4. Optional: spread barbecue sauce across the top.
5. Place pan in oven.

**Cook Temperature: 350 degrees**

**Cook Time: 45 minutes to an hour**

**Servings: Each chop should be 1 serving**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2.5 minutes.**

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

**Add your oven time here: \_\_\_\_\_.**

## Grilled Pork Chops

Pork can be grilled as easily as hamburgers, and more easily than chicken. When grilling pork, it is very important to be sure it is fully cooked. Grilling in reusable aluminum foil pans is becoming popular, and perfect for pork. Place the meat in the pan, add spices and barbecue sauce, and let the grill add delicious flavor. With the advent of the pans, a whole meal in a pan may be the future of grilling. Add vegetables to bake in the sweet juices of the meat for a meal ready to eat outdoors. No need to take it inside.

### Pre Cook Preparation:

Marinate: Barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal

### Meal Adaptations:

#### Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

### Potential Food Allergy or Intolerance:

Barbecue Sauce

Butter (lactose)

Mushrooms

Pepper

Pork

Potatoes

Spices

### Meatless Preparation Avoid:

Butter

Pork

Substitute with: \_\_\_\_\_



**Utensils:**

Fork  
Steak knife  
Pan: Grill aluminum foil pans

**Ingredients:****Meat:**

Pork chops, or  
Tenderloin

**Vegetables:**

15 ounces of asparagus  
Baked potatoes  
15 ounces of corn

**Other ingredients:**

Dash of salt  
Spices such as pepper to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Place meat in aluminum grill pan.
2. Add a little barbecue sauce and a dash of salt.
3. Place vegetables in aluminum grill pan.
4. Place pans on grill and cook until done.

**Cook Temperature: Grilled**

**Cook Time: Varies**

**Servings: Each piece should be one serving**

**Storage Solutions: Square containers in individual servings with or without vegetables**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Ham Steaks

When most people think of ham, they think of the thick pinkish slab that is cut up on holidays and often has a pineapple glaze on it. However, if you buy a half a pig from the butcher, your ham won't be prepared like that. It'll be raw, dark grey steaks, and not cooked, ready to eat ham. Ham steaks are a little tougher, and gristlier than the average cut of pork. They also often have bone in them. They aren't any more difficult to cook than other cuts of meat, though they still won't be grocery store ham.

### Pre Cook Preparation:

Marinate: Not necessary

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

#### Potential Food Allergy or Intolerance:

- Barbecue Sauce
- Butter (lactose)
- Mushrooms
- Pepper
- Pork
- Potatoes
- Spices

#### Meatless Preparation Avoid:

- Butter
- Pork
- Substitute with: \_\_\_\_\_

**Utensils:**

Fork

Steak knife

Pan: 2.5 quart oven safe oblong with lid

**Ingredients:****Meat:**

Ham steaks

**Vegetables:**

15 ounces of carrots

15 ounces of peas

15 ounces of potatoes (canned, instant, or whole)

**Other ingredients:**

Dash of salt

Spices, such as pepper, to taste

**Preparation time:** 10 minutes

**Preparation:**

1. Place ham steaks in pan.
2. Sprinkle a dash of salt across.
3. Add enough water to cover the bottom of the pan.
4. Optional: spread barbecue sauce across the top.
5. Place pan in oven.

**Cook Temperature:** 350 degrees

**Cook Time:** 1 hour

**Servings:** 2 to 3 per steak

**Storage Solutions:** Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Ham Salad

Ham salad is another summer time favorite. Because it is typically served on bread or crackers, this wasn't as readily enjoyable for the gluten free lifestyle. It can be eaten with a spoon as part of meal, or on gluten free noodles or rice. Add peas and carrots and this makes a good meal to carry in a cold, insulated container while away from home. Along with bean salad, it is an excellent source of protein and a full day's supply of salt. Although sloppy, it has great taste and texture. Prechopped ham, though expensive, can be used in this recipe.

### Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

- A. Set timer to boil eggs for one hour before meal preparation
- B. Set timer to one hour while eggs boil
- C. Eggs need to cool before shelling
- D. Set timer for 10 to 15 minutes of preparation time

### Meal Adaptations:

#### Physical Accommodations:

Frozen or canned vegetables can be used  
Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

### Potential Food Allergy or Intolerance:

Crackers  
Crumbs (gluten)  
Eggs  
Ham  
Mayonnaise  
Onion  
Pepper  
Relish  
Spices

### Meatless Preparation Avoid:

Eggs  
Ham  
Substitute with: \_\_\_\_\_

**Utensils:**

- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
- Pan: 2 to 3 quart sauce pan

**Ingredients:****Meat:**

- 4 boiled eggs
- 1 cup of chopped ham

**Vegetables:****Optional:**

- 1/4 cup chopped onion
- 6 ounces of peas

**Other ingredients:**

- 1/4 cup chopped celery
- 1/2 cup of mayonnaise (adjust as needed)
- 2 tablespoons of pickle relish (or diced pickles)
- Dash of salt
- Spices, such as pepper, to taste
  - (Commonly includes: garlic powder, lemon pepper)
- Optional:
  - Cracker crumbs (gluten free)

**Preparation time: 10 minutes**

**Preparation:**

1. Boil at full boil for 10 minutes 4 eggs.  
Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:
  - 1/4 cup of celery
  - 4 boiled eggs
  - 1 cup of chopped ham
  - 1/2 cup of mayonnaise (adjust as needed)
  - 1/4 cup of onions
  - 2 tablespoons of picklesOptional:
  - 6 ounces of peas
  - Spices, such as pepper, to taste
  - Commonly: garlic powder, lemon pepper
3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

**Cook Temperature: None**

**Cook Time: None**

**Servings: 4**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes and place in the fridge

Fridge safe: 3 to 5 days \* Per FDA Storage Chart link in Resources

Freezer safe: Don't freeze. \* Per FDA Storage Chart link in Resources.

**Reheat Instructions:**

Allow to warm on plate for 3 to 5 minutes before eating.



## Pork Roast

Pork roast was once the most affordable meat for people on a budget. They used to be large, and one would feed two people for a week. Recently, I've seen a few that would be lucky to get three single servings off of one. Thaw and cook times may have to be adjusted based on the quality and thickness of the meat. A pork roast can taste very similar to a beef roast. Pork roast can be one of several different cuts, and each taste about the same. They shrink more than a beef roast. Vegetables soak the juice up.

### Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 3 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 2 hours later, when meal should be ready to eat

### Meal Adaptations:

#### Physical Accommodations:

- Cut meat to bite sized before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

#### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Onions
- Pepper
- Pork
- Potatoes
- Spices

#### Meatless Preparation Avoid:

- Butter
- Pork
- Substitute with: \_\_\_\_\_

**Utensils:**

Fork

Pot holders

Steak knife

Pan:

2.5 quart oven safe with an oblong lid, or  
Table top roaster

**Ingredients:****Meat:**

Pork roast, with or without a bone

**Vegetables:**

15 ounces of carrots

15 ounces of green beans

1/4 cup of onions

15 ounces of potatoes

**Other ingredients:**

Dash of salt

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Add roast to pan.

2. Add enough water to cover the bottom.

3. Add cut up vegetables, if cooking together:

15 ounces of carrots

15 ounces of green beans

1/4 cup of onions

15 ounces of potatoes

4. Add a dash of salt.

5. Place pan in oven.

If using the table top roaster: the roast and vegetables go directly in the roaster pan. An additional pan is not necessary.

**Cook Temperature: 350 degrees**

**Cook Time:**

2 hours in an oven, or

Check table top roaster for times

**Servings:** Should make 6 servings if a good sized roast

**Storage Solutions:** Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Ribs

Ribs is one of those meals that is either enjoyed, or an annoyance. Mostly, it's messy, with little meat, and lots of work to pull off the few bites there are. While it's a favorite picnic food, it's best to have plenty of clean water to wash your hands and clothes after the meal. Rib meat can also be cooked until it falls off the bones, and then chopped fine, and used in stews and casseroles. Bone free rib meat, while more expensive, is easier to cook and eat. Grilled or baked ribs can be a tasty summer treat.

### Pre Cook Preparation:

Marinate: Barbecue sauce for a few hours

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

### Meal Adaptations:

#### Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

#### Potential Food Allergy or Intolerance:

Barbecue Sauce

Butter (lactose)

Mushrooms

Pork

Potatoes

Pepper

Spices

#### Meatless Preparation Avoid:

Butter

Pork

Substitute with: \_\_\_\_\_

**Utensils:**

Carving knife

Fork

Pot holders

Pan:

2.5 quart oven safe oblong with lid, or  
Grill

**Ingredients:****Meat:**

Pork ribs

**Vegetables:**

15 ounces of carrots

Corn on the cob

15 ounces of green beans

**Other ingredients:**

Dash of salt

Spices, such as pepper, to taste

**Preparation time:** 10 minutes

**Preparation:**

1. Add meat to pan.
2. Top with barbecue sauce and a dash of salt.
3. Place in oven, or on grill.

**Cook Temperature:** 350 degrees for oven

**Cook Time:**

Grill: until done

Oven: 1 hour

**Servings:** 3

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

**Add your oven time here: \_\_\_\_\_.**

## Pork Stir Fry

Pork stir fry can be made in dozens of ways, and can be a great way to use up left over bits of vegetables. It can be made with, or without, rice. Perfect meats include: rib meat, dried out chops, organ meat, and sausage. The flavors and mixtures make for a quick meal on warm summer's evening. A light coating of vegetable oil may be needed. Pork stir fry can be cooked on the grill, if needed, especially after a power outage. Add a dash or two of vegetable oil to a grill packet with the diced meat and vegetables.

### Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

### Meal Adaptations:

#### Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

### Potential Food Allergy or Intolerance:

Butter (lactose)

Broccoli

Mushrooms

Pepper

Pork

Potatoes

Sausage

Spices

### Meatless Preparation Avoid:

Butter

Pork

Sausage

Substitute with: \_\_\_\_\_

**Utensils:**

- Chopping board
- Fork
- Pot holders
- Steak knife
- Wooden spoon
- Pan: 8 inch frying pan

**Ingredients:****Meat:**

- Chops
- Rib meat
- Sausage
- Tenderloin

**Vegetables:**

- 15 ounces of broccoli
- 15 ounces of carrots
- 15 ounces of corn
- 15 ounces of peas

**Other ingredients:**

- 2 tablespoons of butter
- Dash of salt
- Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Chop:
  - 15 ounces of broccoli
  - 15 ounces of carrots
2. Chop 2 cups of one of the following:
  - Chops
  - Rib meat
  - Sausage
  - Tenderloin
3. Add a teaspoon of cooking oil to pan.
4. Add to pan:
  - 15 ounces of broccoli
  - 15 ounces of carrots



15 ounces of corn

15 ounces of peas

Dash of salt

Spices, such as pepper, to taste.

5. Cook on medium heat until it reaches a light boil.

6. Lower heat and simmer.

7. Stir frequently until done.

**Cook Temperature: Medium to low heat**

**Cook Time: 20 to 30 minutes**

**Servings: 2 to 4**

**Storage Solutions: Square containers in individual servings with or without vegetables**

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.

2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Stuffed Pork Roast

A delicious winter meal. Stuffed pork roast is a meal you place in the oven and work on other projects while it is cooking. The aromas will entice you into the kitchen with an appetite. Various ingredients can be used to stuff the pork roast. Typically, salt, pepper, diced onions, and mushrooms are used, along with any sauce used to moisten the top of the roast. For fun, use a colored vegetable, such as carrots, to create a smiley face on the roast top. They may not cook as done, though they bring a smile to the onlookers.

### Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 4 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 2 hour later, when meal should be ready to eat

### Meal Adaptations:

#### Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

#### Visual Accommodations:

Colored chopping boards

### Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Mushrooms

Onions

Pepper

Potatoes

Spices

### Meatless Preparation Avoid:

Butter

Pork

Substitute with: \_\_\_\_\_

**Utensils:**

Chopping board

Fork

Paring knife

Spatula

Spoon

Pan:

2.5 quart oven safe oblong with lid, or

Table top roaster

**Ingredients:****Meat:**

Pork roast

**Vegetables:**

15 ounces of carrots

15 ounces of green beans

4 ounces of mushrooms

1/4 cup of onions

15 ounces of potatoes

**Other ingredients:**

1 tablespoon of butter

Dash of salt

Spices such as pepper to taste

**Preparation time: 15 minutes**

**Preparation:**

1. Add pork roast to pan.
2. Add enough water to cover the bottom.
3. Using a knife, cut holes in the roast.
4. Place the following in the holes:
  - 4 ounces of mushrooms
  - 1/4 cup of onions
  - Dash of salt
  - Spices, such as pepper, to taste
5. Cover with barbecue sauce.
6. Add cut up vegetables, if cooking together.
  - 15 ounces of carrots
  - 15 ounces of green beans

15 ounces of potatoes

7. Cover and place pan in oven.

If using the table top roaster, the roast and vegetables go directly in the roaster pan. An additional pan is not necessary

**Cook Temperature: 350 degrees**

**Cook Time:**

2 hours in an oven, or

Check table top roaster for times

**Servings: Should make 6 servings if you use a good sized roast**

**Storage Solutions: Square containers in individual servings with or without vegetables**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.

## Resources:

American Gastroenterological Association. "Understanding Food Allergies and Intolerances." Accessed 02/26/2010. <http://www.gastro.org/patient-center/diet-medications/food-allergies-fructose-intolerance-and-lactose-intolerance>

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Thanks!

Abby Brown

## About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.



## Connect with Abby Brown

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